



## All In, All Abilities – Activate Your School!

### Make it Happen Checklist!

#### WHAT IS IT?

There are many reasons why we may not be as active as we should, and they can be different for each person. Not all kids like to play . . . not all kids like sports . . . not all kids can do the same things. . .

This Play is about figuring out what keeps kids from getting physical activity and helping to break those barriers.

#### WHY?

It is well-known that physical activity can help prevent long-term health risks. Physical activity is important to help improve overall health in children, which is why the Centers for Disease Control and Prevention (CDC) has set forth a recommendation of getting at least 60 minutes of physical activity per day. Let's help everyone get there!



#### Huddle Up

[Learn more](#)

Get key people to support your plan

- Program Advisor, P.E. and other Teachers
- School Nurse, Parents, Interested Students
- Meet with your team to talk about your goals and ways to address issues of inclusivity while respecting differences



#### Get Organized

[Learn more](#)

Get information through surveys, conversations, and observation

- Find out what seem to be the biggest barriers to physical activity for students in your school
- Make a chart of challenges and brainstorm how to help



#### Build Awareness

[Learn more](#)

Start the conversation

- Find out what kids think; take anonymous comments
- Look at the differences between physical and psychological challenges; make motivational posters to address these



#### Take Action

[Learn more](#)

Make a plan for how to implement some of your ideas or use ideas from the Play

- Hold a "We All Can!" Kickoff assembly
- Provide ways for students to include their peers, even if they're not yet friends ([Buddy Bench](#), [Mix it Up](#), etc.)
- Work with your P.E. team to add [accessible activities](#) to the curriculum



#### Spread the Word

[Learn more](#)

Highlight your successes and get more help

- Use the toolkits and programs in the Play to get more people involved
- Send home awareness information for all families and share on social media



#### Build Community

[Learn more](#)

Find ways to expand your ideas and make this Play last

- Meet with your PTA and local businesses to ask for help
- Host regular community events to keep people involved



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